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Housekeepers' Chat Wednesday, February 26, 1930.

NOT FOR PUBLICATION

Subject: "The Well-Behaved Baby." Information from Children's Bureau, U. S. Department of Labor. Menu and recipe from Bureau of Home Economics, U. S. D. A.

Bulletins available: "Infant Care" and "Aunt Sammy's Radio Recipes."

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"I want my little Tommy to form good habits," says Tommy's mother. "And I shall begin his training just as soon as he is old enough to understand."

Old enough to understand? Tommy's mother had better begin right away, if Tommy is to have good habits of health and behavior, and grow into a healthy, happy useful man. For it doesn't take a habit long to attach itself to a baby. Better begin habit-training immediately after birth.

Do you know that the first three months of a baby's life are perhaps the most important of all? When he is three days old, it's time to begin the habit of regularity in feeding and sleeping. Once the habit is established, don't let it be interrupted or broken, except in the case of a real emergency.

If the baby wakes between feedings, and cries, as he naturally will if he is hungry, turn him over, change his diaper, give him water to drink, and put him back into bed. Do not hold him nor rock him to stop his crying, and do not feed him until the exact hour arrives. It will not hurt the baby, even the tiny baby, to cry. That's his only means of expressing his needs and his dislikes. No baby likes to be hungry, but every baby can be trained to wait his full interval of three or four hours, (whichever the doctor has ordered), before his hunger is satisfied. (There is no danger that crying will cause rupture.)

Every now and then, when the baby is lying quietly in his crib, awake, the mother or the father should pick him up and play with him. Thus he learns, before long, that he is likely to be picked up when he is <u>not</u> crying, and <u>ignored</u> when he is crying.

You know what happens, if a baby is picked up every time he cries. He soon discovers that crying gives him control over his parents -- and what baby wouldn't cry, if he knew he would be picked up and fondled? A bad habit, for baby and for mother.

Sometimes, when a baby cries <u>very</u> hard, he holds his breath so long that he gets blue, and may even get stiff, and lose consciousness for a moment. This is one form of tantrum. Of course it is terrifying to parents, and usually makes them give in at once. The baby who has such spells is usually old enough to get a good deal of satisfaction from the excitement he

causes. If he has gained his own way by having this form of tantrum, he will repeat it whenever his wants are not immediately supplied. To handle such a spell, show no anxiety or excitement when it occurs, leave the baby alone in his bed, and see to it that he does not get what he is crying for.

If the little baby learns that crying does not accomplish what he wants, he will not use it as a means of controlling his parents later on. He will discover also, in the same way, that temper tantrums will not get him what he wants.

How shall we go about it, to form good habits in a baby? When a good habit is to be formed, the act must be done in the best way possible the first time, and repeated with absolute regularity and consistency until it becomes "second nature." For example, if the baby is fed and put to bed at the same time every day, he will learn to expect these things regularly, and will form his first important health habits--regularity in eating and sleeping. If, on the other hand, an act is not performed with regularity, a bad habit will be formed. Thus, if a baby is usually put to bed right after his 6 o'clock feeding, but is sometimes kept up to be shown off to friends, or is taken to the movies with his parents, the routine is broken, the baby begins to stay awake in the evening, and then he objects to being put to bed early. As he grows older and wiser, he objects more and more to going to bed. Haven't you heard many a mother say, "The baby just won't go to bed at 6," or "The baby won't go to bed until I do."

Babies get lots of satisfaction from their parents' words and smiles of approval. They dislike being ignored and left alone. If they do not get attention by being good, they will try to get it by being naughty. Therefore, if the mother does not give the baby attention when he is good, but scolds him when he is naughty, he is sure to enjoy being naughty more than being good. This is his reason for crying, breath-holding spells, and tantrums.

There's a great deal more to be said about habits -- how to form good ones and discourage bad ones, but I shall refer you, for further information, to "Infant Care." "Infant Care" is the book published by the Children's Bureau of the U. S. Department of Labor, and it contains information of great value to parents.

Now shall we leave the Children's Bureau, and journey over to the Bureau of Home Economics? Here we find the Menu Specialist, who has promised us a menu for children today; a menu for children and their parents.

Beef Loaf is our main dish. With the Beef Loaf we shall serve Buttered Red Cabbage; Creamed Potatoes; and Baked Custard with a spoonful of red jelly on top.

Our recipe for Beef Loaf is a new one, not in the Radio Cookbook. Eleven ingredients, for Beef Loaf:

2 pounds lean beef
1 cup diced salt pork
1-1/2 cups milk
4 tablespoons flour
1 cup chopped celery
1 cup chopped parsley
1/2 cup chopped onion
1 cup fine, dry bread crumbs
2 teaspoons salt
1/8 teaspoon pepper, and
4 or 5 dashes tabasco sauce.

Eleven ingredients, for Beef Loaf: (Repeat).

Put the meat through a grinder. Fry the salt pork until light brown and crisp, and remove the pieces from the pan. Make a sauce of the milk, flour, and 3 tablespoons of the pork drippings. Cook the celery, parsley, and onion for a few minutes in the rest of the pork drippings, and add to this the bread crumbs and seasonings. Combine all the ingredients, and use the hands to mix thoroughly. The mixture will have a sticky consistency. Lay a piece of parchment paper on a rack in an open roasting pan. Mold the meat loaf on the paper with the hands. Bake the loaf in a moderate oven (350 degrees Fahrenheit) for 1-1/4 hours. Do not cover the pan, and do not add water to it. Much better results are obtained by making the meat loaf in this way than by packing it into a pan, and baking it like a loaf of bread. Remove the loaf from the paper and serve hot, or chill it and serve it in thin slices, with parsley or watercress garnish.

To repeat the menu: Beef Loaf; Buttered Red Cabbage; Creamed Potatoes; and Baked Custard with a spoonful of red jelly on top.

If you want to bring back the nice red color to the cabbage, add a little lemon juice or vinegar, just before you serve the cabbage.

Thursday: "Cooking Vegetables for Variety."